

I have created this list of selected items from Burger King for you to use when you must eat out. The items listed fall generally under about 400 calories, 15 grams of fat and 600 milligrams of sodium.

Item	Calories	Fat (g)	Trans Fat (g)	Sodium (mg)	Fiber (g)
Whopper Jr. Sandwich w/o Mayo	260	10	0	440	2
Hamburger	240	8	0	460	1
Double Hamburger	330	15	0	490	1
Chicken Nuggets (4 pc)	190	11	0	360	2
Onion Rings - value	150	8	0	400	1
French Fries - value (Salted)	240	10	0	330	3

Nutrition information for Burger King is © 2013 Burger King Corporation. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.bk.com/en/us/menu-nutrition/index.html>